

RHHC FRG Newsletter

COR for 1SG Edney

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Special points of interest:

- COR for 1SG Edney
- FRG Fundraiser 19 June
- Family Fun Day 6 August



From the left, First Sgt. Steven Colbert, outgoing RHHC ISG, CPT. Adam Nestor, HHC Commander, and 1SG Noah Edney, incoming HHC Regt. First Sergeant, stand on Summerrall Field during a change of responsibility ceremony on June 2.



CPT Nestor passes the company guidon to 1SG Noah Edney, incoming Company First Sergeant, to signify his responsibility as the new 1SG of RHHC.

Notes from CPT Nestor

Family and Friends of HHC Regiment, welcome to our first FRG newsletter. The purpose of this quarterly newsletter is to keep you, the families, informed about what your Soldiers are up too and about unit events that are important to you. It has been great getting to know your Soldiers over the past 60 days. I would like to first thank you for supporting your Soldier and The Old Guard. For those of you who attended the Old Guard Luau, thank you. It was a major success and a night that will soon not be forgotten. A special thanks to Tara Redmond for all her hard work with the Luau committee.

It is often said that behind every strong Soldier is a strong family. I could not agree more with this statement. My intent with this newsletter, and with future FRG events, is to make the Soldier/family bond stronger. In turn this will make our unit stronger. If you have ideas for future events or fundraisers please contact Tara Redmond. We do have a company carwash planned for the 19th of June in order to raise

funds for our HHC Family Fun day at the beach. The funds raised by the car wash will ensure that all costs are covered for the fun day, which will include moon bounces, pony rides, and plenty of food and drinks. More details to follow.

As summer is upon us you will find that your Soldier is increasingly busier with his day-to-day activities at HHC. It was for this reason that the Regiment decided to postpone the Regimental Fun Day on Fort Myer. In the Old Guard, this is historically the "busy season" which generally lasts through the Spirit of America shows in September. During this time, it is my goal to provide as much family time, over the next few months, as possible. I do understand that kids are out of school and vacation plans may have already been made. If this is the case, please encourage your Soldier to submit his/her leave form as soon as possible so that we can properly allocate forces across the company.

Again, it is an honor to be in command of such an outstanding group of Soldiers.

They, as well as you, have sacrificed so much in order to serve the United States. Nowhere in the world will you find a more dedicated and disciplined force than the United States Army and their families.

All the Best... Bayonets!!
Captain Adam Nestor
HHC Company Commander



"You must love soldiers in order to understand them, and understand them in order to lead them."

-Henri Turenne

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ISG Noah Edney, incoming HHC Regt. 1SG, gives his speech to the company and the rest of the Regiment at a change of responsibility ceremony on June 2.



ISG Noah Edney takes responsibility as the new Senior Non-Commissioned Officer of RHHC.



CONGRATULATIONS: SFC LUSSI with wife, Brittany, son, Liam, and his grandparents, Lamar and Shirley Lussi. They came to celebrate and support SFC Lussi at his graduation from Ranger school on May 21.

HHC Regiment Family Readiness Group

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June

- 19th Car wash
- FDC's 50th Anniversary
- 28th Curtailed Operations
- 30th Land Navigation Training at Fort AP Hill

July

- 2nd—5th Curtailed Operations **HAPPY 4th of JULY!!**
- 12th—14th Company Fitness Test
- 19th Basic Training Refresher at Fort AP Hill (Leader Reaction Course, Gas Chamber, Obstacle Course)

August

- 6th Family Fun Day Starting at 1100 at **NO COST** Mason Neck, VA

Notes from your FRG Leader

Welcome to The Old Guard's HHC Regiment Family Readiness Group (FRG). I am so excited to begin this journey with everyone! As we all know, the Army thrives on acronyms. All the important things are now acronyms (LES, ACU, TOG). FRG is another equally important thing. FRG stands for Family Readiness Group, but what it really stands for is spouses, children and families coming together for support, friendship, relationship, and camaraderie. First, the FRG conducts activities that enhance the flow of information between command and families. Secondly, the FRG encourages resiliency among the members by providing information, referral assistance and mutual concern. Thirdly, the FRG provides activities and support that enhance the well-being and spirit within the unit. You will come to find out that no one understands you better than another Army spouse.

The FRG mission is to:

- Act as an extension of the unit in providing official, accurate command information
- Provide mutual support between the command and the FRG membership
- Advocate more efficient use of community resources
- Help families solve problems at the lowest level

As a company level operation, the FRG is a command-sponsored organization of all assigned soldiers (married and single), and their families (immediate and extended). While all of these individuals are automatically considered to be members of the FRG, participation is completely voluntary.

We provide mutual support and assistance and a network of communications among the family members, the chain of command, and community resources. With so many changes going on all

around us, we urge you to step out of your comfort zone and get involved in your FRG. I am extremely proud to be a family member of The Old Guard and I look forward to working with you as we build morale for our soldiers and an even stronger FRG!

Sincerely,

Tara Redmond
HHC Regiment FRG Leader

